



The Journal

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August 28, 2014

Annual Observance Raises Awareness for the Importance of Immunization

By Bernard S. Little
WRNMMC Public Affairs
staff writer

August is National Immunization Awareness Month, an observance which "provides an opportunity to highlight the value of immunization across the lifespan," according to the Centers for Disease Control and Prevention (CDC).

"Over the years, vaccines have prevented countless cases of disease and without vaccination, diseases that have been eradicated could return," explained Monica Peele, health educator for the Military Vaccine Agency (MILVAX)-Vaccine Healthcare Centers Network (VHCN) at Walter Reed National Military Medical Center (WRNMMC).

Lt. Col. Satyen Gada, service chief for Allergy/Immunizations/Immunology at WRNMMC agrees.

"Immunizations are instrumental to disease prevention," Gada said. "It is important to receive vaccines as they prevent against numerous diseases known to cause significant morbidity and mortality. Vaccination programs save countless lives each year."

Gada and Peele added vaccinations help get babies off to a healthy start.

"There are vaccines that can be received during pregnancy; however, if you are planning to or could be pregnant, it is important to speak with your health care provider to ensure that your immunizations are up to date," Peele said.

"There are some diseases that can be harmful for pregnant women and their babies and this can be prevented by immunizing during pregnancy," she added. "A mother's immune system can protect her baby during pregnancy and for the first six to 12 months, but noting that vaccines are prescriptions drugs, if you are pregnant or planning to become pregnant it is important to consult your



Photo by Sharon Renee Taylor

Diana Urbina, spouse of a servicemember, receives an immunization. Beneficiaries requiring immunizations can be seen at the Walter Reed National Military Medical Center Allergy/Immunology/Immunizations Clinic in the America Building, Building 19, 4th Floor.

health care provider."

Gada added, "Pregnant women should receive the TDaP vaccine after the 27th week of pregnancy. The TDaP vaccine prevents against Tetanus, Diphtheria and Pertussis (whooping cough). Influenza vaccine is recommended during pregnancy. Additional vaccines may be advised based on individual immune status."

"Children start their immunization schedules immediately after child birth by receiving the Hepatitis B vaccine," Gada continued. "Further vaccinations are offered at regular intervals based on consensus

childhood vaccination schedules. We recommend that the children follow their pediatrics immunization schedule as well as the recommendation by the CDC. It is recommended that children receive immunizations in an effort to prevent development of Hepatitis A and B, Polio, Measles, Mumps, Rubella, Varicella (Chickenpox), Pneumococcal, Haemophilus Influenza, Rotavirus, Diphtheria, Tetanus, Pertussis, Neisseria Meningitidis, as well as common strains of Influenza virus, which vary from year to year."

The CDC, Peele and Gada agree schools are a prime venue

for transmitting vaccine-preventable diseases, and school-age children can further spread disease to their families and others with whom they come in contact. They add most schools require children to be up to date on vaccinations before enrolling or starting school in order to protect the health of all students and those with whom they may come into contact.

"Most school systems require completion of the CDC childhood immunization schedule, though this may vary slightly with each public school district/private school," Gada explained. "It is best to contact

your school/school district for specific requirements."

Both Peele and Gada stated students headed to college should receive the Meningococcal vaccine, which protects against bacterial meningitis. Peele added college students should also be up to date with their TDaP vaccine, and consider receiving the HPV vaccine protecting against the human papillomavirus (HPV) that causes most cervical and anal cancers, as well as genital warts. She added college student should also receive the

See **VACCINES** page 9

A Common Bond

One of the best things about working and living on Naval Support Activity Bethesda (NSAB) is our incredible diversity of services, agencies, knowledge, capabilities, abilities, missions and people. For a base that is 245 acres in size, we pack a lot of mission and capability into this footprint.

That diversity fosters an incredible strength. It is the strength of various perspectives and ideas that, when brought together, create a powerful whole. A good analogy is an anchor and chain made of an alloy, combining two or more metallic elements, as opposed to a pure metal. The alloy gives it greater strength and resistance to bending or breakdown. The links in the anchor chain are you and me, and it includes everyone who lives, works, or visits aboard NSA Bethesda.

To use a Navy analogy, NSAB is the ship and each tenant command is a vital ship's system. The higher headquarters' orders and directives we follow and enact are the anchor. You may think that it's the anchor that keeps the ship safely in place, but in fact, it is the combined weight of the links in the anchor chain that hold the ship steady. You and I and what we do daily are the links in that anchor chain. The point is that every day we all are responsible for creating the environment on NSA Bethesda and in every workspace, no matter how large or how small.

Part of our strength is the customs and traditions we observe. They sometimes have a service-specific nuance, but the intent and meaning of the custom is universal to all Services. One example is observing morning and evening colors. We observe colors at 8 a.m. each morning and at sunset each evening. Other services may use slightly different times, but the intent is the same ... respect for the flag and our nation. The observation is also the same. All personnel outdoors on NSA Bethesda, whether military or civilian, on or off-duty, in uniform or civilian clothes, are supposed to stop safely (i.e., not in the middle of a crosswalk or intersection), whether on foot or in a vehicle, face the direction of the music and the installation flag pole (in front of Building 1) and pay our respects to the U.S. Flag. When in uniform, stand and render a salute, and when in civilian clothes simply stand respectfully. We do this to honor our nation and those who have served and sacrificed to ensure the freedoms



we enjoy today. I think an excellent example of this was the recent video shown of Robin Williams during his USO tour. At the sound of colors, everyone and everything stopped, the entire audience stood and turned away from the stage and rendered honors. Mr. Williams got it, and even commented on it when colors ended. When we do not stop for colors, we lose a little piece of ourselves and our traditions, and we weaken our links in our chain. Let's help each other keep our links in the chain strong and all observe colors.

Another custom is rendering proper military courtesies, and a unique aspect of military courtesy is the salute. The origin of the salute may not specifically be known, but its intent has always been clear. According to the Marine Corps University, "The salute is a gesture of respect and sign of comradeship among military service personnel." The Army Study Guide says, "The salute is not simply an honor exchanged. Remember the salute is not only prescribed by regulation but is also recognition of each other's commitment, abilities and professionalism. The salute is an expression that recognizes each other as a member of the profession of arms..." Navy Regulations state, "The hand salute is the long-established form of greeting and recognition exchanged between persons in the armed services." And, according to Air Force Instruction 1-1, "Saluting is a courtesy exchanged between members of the Armed Forces as both a greeting and a symbol of mutual respect." Each time we render a crisp proper salute or provide a courtesy, we strengthen our link and keep our chain strong. We honor each other who share in wearing the cloth of our nation.

It may not seem like much, but if one link in the chain snaps, the ship can be set adrift and cause damage to a vital system. As service members and federal civilian employees, we are entrusted with great responsibility. By each of us doing our part in honoring shared customs and traditions, we can keep each of the links in our chain, yours and mine, strong and ensure that the ship maintains its position. Thank you for all you do every day.

All ahead flank,
Capt. David A. Bitonti
Commanding Officer
Naval Support Activity Bethesda

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Bethesda Notebook

TeamSTEPPS Training

Hospital Education and Training at Walter Reed Bethesda is offering a make-up class for the TeamSTEPPS (Team Strategies & Tools to Enhance Performance and Patient Safety) fundamentals course for clinical inpatient areas that are already trained, on Sept. 12 from 7 to 11:30 a.m. (registration from 7 to 7:30 a.m.) in Building 10's Clark Auditorium. TeamSTEPPS is designed to improve patient outcomes by improving communication and teamwork skills. For more information contact Lt. Asia Raheem at asia.o.raheem@health.mil, or Staff Sgt. Angela Stevenson at angela.y.stevenson@health.mil. To enroll, email classregistration@health.mil.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed Bethesda every third Thursday of the month. The next meetings will be Sept. 18 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room on the third floor. Spouses and partners are invited to attend. Military ID is required for base access to Naval Support Activity Bethesda and Walter Reed National Military Medical Center. For those without a military ID, call the Prostate Center at 301-319-2900 at least two days prior to the event. For more information, contact Col. (Ret.) Jane Hudak at 301-319-2918 or email jane.l.hudak.ctr@health.mil.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. David A. Bitonti
 Public Affairs Officer: Ron Inman
 Public Affairs Office: 301-295-1803

Journal Staff

Staff Writers	MC2 Ashante Hammons MC2 Christopher Krucke Sarah Marshall Katrina Skinner Julie Smith Sharon Renee Taylor
---------------	--

Managing Editor	MC2 Brandon Williams-Church
WRNMMC Editor	Bernard Little

NSA Bethesda	301-319-4087
Fleet And Family Support Center	301-319-4087
Walter Reed National Military Medical Center	301-295-5727
Office of Media Relations	301-295-5727

NSAB Ombudsman	240-370-5421
Michelle Herrera	240-370-5421

Sexual Assault Response Coordinator Hotline	301-442-2053
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NSAB Volunteers Give Back to D.C. Public School as Part of City-Wide Effort



Photo by Julie Smith

Navy Hospital Corpsman 3rd Class Fabian Garcia (kneeling) and Hospitalman Fidel Padilla (standing) clear weeds and grass from an area outside Stuart-Hobson Middle School as part of D.C. public schools' Beautification Day Aug. 23.

By Julie Smith
NSAB Public Affairs
staff writer

Approximately 40 volunteers from Naval Support Activity Bethesda (NSAB) rolled up their sleeves for a day of beautification projects Aug. 23 at a Washington, D.C. area public school, just in time for the first day of classes.

It was all part of an annual event called Beautification Day, a city-wide project established in 2005 to clean up all Washington, D.C., public school buildings in preparation for the beginning of the school year. Classes began for the school district Aug. 25.

The helpers included NSAB active duty service members, civilian staff and family members, said Navy Medicine Professional Development Center (NMPDC) Community Relations Coordinator, Hospital Corpsman 3rd Class Alexandra Diaz.

"We put it out to all of the (base) commands and we got a really good response," Diaz said.

The day's to-do list at the group's assigned location, Stuart-Hobson Middle School in the Capitol Hill Historic District, included weeding outdoor areas, planting flowers, constructing a stone garden pathway and picking up garbage outside the school.

Principal Dawn Clemens was grateful for the assistance in sprucing up the 84-year-old school, which is in its fourth year of a complete renovation. New windows were installed over the summer, which meant much of the grounds keeping was disregarded.

"It's fantastic to have all of the help," Clemens said. "This is badly needed. We've got a wonderful school here that I'm very proud of."

In addition to the volunteers from NSAB, teachers and staff from the school, as well as parents and community members, also pitched in to help out, Clemens explained. The school has an enrollment of 420 students from sixth to eighth grade.

Hospital Corpsman 1st Class Vincent Ramos was pleased to help with the clean-up, but saw it as more than just a volunteer opportunity. As a newer member of NMPDC, he valued the prospect of socializing with other service members.

"It's a chance to meet new people and also to give back," Ramos added.

Hospital Corpsman 3rd Class Robert Gay agreed with Ramos and said he also wanted to set an example for younger military personnel.

"I wanted to encourage my junior Sailors to get out here, too," Gay stated. "I think it's good that we're helping out the community."

While the rain halted most of the outdoor cleanup for a short period of time Saturday, that didn't stop the work of the volunteers who took on indoor tasks like stacking and organizing textbooks, cleaning classrooms and sweeping hallways.

"It's our obligation as people to give back," Hospital Corpsman 3rd Class Maya Torrence said. "And as members of the military, while we're not deployed, we can take care of people here. The Navy really values community service."

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Taking Charge of Your Career: Understanding Your Options

By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashanté Hammons, Naval Support Activity Bethesda staff writer

When it comes to making career decisions, the command career counselor can be a Sailor's best friend. As the Navy continues its efforts to reduce force levels, many Sailors are faced with a tough, potentially career ending decision: high year tenure (HYT). The fall exam cycle is near and many Sailors face the dilemma of HYT or looking to conversion. Naval Support Activity Bethesda command career counselors Petty Officer 1st Class Chad Fogel and Petty Officer 1st Class Stacy O'Leary encourage Sailors to take charge of their careers as early as possible so they are not surprised by HYT, which goes into effect one year from their end of obligated service.

"Being regularly involved in your career will keep you informed on where you stand in the Navy," suggested O'Leary. "As a Sailor, you should be in touch with your career counselor other than when we see each other during career development boards."

According to MILPERSMAN 1160-120, "HYT is an effective force shaping tool to properly size and shape the active and Reserve Navy. This program is a total force policy which establishes standardized length-of-service gates by pay grade balanced with a waiver process that allows the Navy to retain the right Sailor."

"You do not want to be 'forced out' of the Navy because you put in the maximum amount of years of service based on your pay grade," said O'Leary.

The instruction for HYT divides each rank and provides the maximum years a Sailor can be at that specific rank. Sailors who have reached the rank of E-1 and E-2 have a maximum of four years. They are unable to reenlist or extend, unless approval is given by NAVPER-

SCOM, Career Progression Division (PERS-8), according to MILPERSMAN 1160-120. Certain pay grades, such as an E-3 with a maximum of five years, can retain a HYT of eight years if he or she "Passed Not Advanced" a Navy Wide Advancement Exam prior to March 2012. Petty officer third class, or E-4, reaches HYT at eight years.

According to MILSPERMAN 1160-120, a Sailor who becomes a petty officer second class, or E-5, and has served more than 10 years as of July 1, 2005, has the maximum of 20 years for HYT. However, E-5 Sailors who have served less than 10 years reach HYT at 14 years. A petty officer first class reaches HYT at 20 years.

"The Sailor needs to consider the different career avenues to take if the choice is to stay active duty," said O'Leary. If he or she chooses to stay in the Navy, but they want to stay in their current rate, they must advance. However, there are other options: The Enlisted Early Transition Program (EETP) or active duty conversion."

NAVADMIN 103/14 explains EETP as "a quota controlled voluntary separation program" where quotas are identified by rating, pay grade, year group and Navy enlisted classification or NEC.

"A Sailor's EETP package must be routed through the chain of command for approval," explained O'Leary. "Then it is sent to Millington, where they will approve or disapprove the Sailor's request to transition early. If a Sailor is approved, he or she will not be eligible for the advancement exam, and Career Waypoint (C-WAY). Instead, the phrase 'Intends to Separate' will be placed in the system."

C-WAY supports key Sailor decisions about their next career choice, said Fogel. Whether a Sailor has decided to reenlist or convert ratings, the career counselor would enter this information into C-WAY. If the Sailor decides to convert, then he or she should review Career Navigation program or CNAV

skill set.

"CNAV skill set updates information about rates that are currently open, balanced, and competitive," said Fogel. "Review the set and see what rates interest you."

"Research the requirements for that rate if you are serious about conversion," said O'Leary. "You might need to retake the ASVAB to get a better score. Once you make the decision to retake the AS-

VAB, Navy Knowledge Online offers courses in math and English to help with the exam."

Active duty conversion requires a copy of the member's C-WAY for E6 and below, their four year history of performance fitness assessments, and the last three evaluations. In addition, all ratings that require top secret and top secret SCI clearances must have a current SF86 (within the last 30 days

and must be signed) and the security officer interview included in the package, according to Navy Personnel Command.

"Be careful not to wait until you've past your C-WAY window if you plan to convert," warned Fogel. If you are serious about converting, I will guide you on whatever you may need. Remember though, if you do not want to retake the ASVAB, that choice only hurts you more because it

limits your options for rate conversion."

As O'Leary continues her turnover with Fogel, they both agree that they are here to help Sailors get the most out of their careers.

"Ultimately, it is your career," replied Fogel. "I am here to give you options and to help you with career guidance. The door is always open."

See CAREER page 10

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NSAB Families Enjoy F



An American Red Cross volunteer shows a group of girls a service animal in training.

Photos by Julie Smith

ood, Fun at JOC Picnic

By Julie Smith

NSAB Public Affairs staff writer

Rain throughout the day did nothing to dampen the enjoyment of staff members and their families who attended the Junior Officer Council (JOC) picnic held at the Morale, Welfare and Recreation Pavilion at Naval Support Activity Bethesda (NSAB) Aug. 23.

"It's all part of the fun," Maj. Deanna Hutchings, JOC senior adviser, said. "Everything has come together and everyone has worked together so well to bring some fun and fellowship to the command."

The JOC is an organization aimed at cultivating and supporting the personal and professional development of junior officers in all branches of the military who are assigned to NSAB and its tenant commands.

"I'm very grateful to the Junior Officer Council and our other service organizations for their hard work in putting this picnic together," Brig. Gen. (Dr.) Jeffrey Clark, Walter Reed National Military Medical Center (WRNMMC) director, said. "Folks are having a great time. It's very important that we all come together, have fellowship and just have a good time. It's good for us. We need to be together outside of work."

Picnickers were treated to a catered barbecue meal paid for by the JOC and courtesy of Giggy's BBQ, whose owner, Eddie Gignac, served four years in the

Air Force and whose father is also an Air Force veteran.

"Being a military brat and knowing what we did growing up and the sacrifices we made as a family, I'm honored to be here," Gignac added.

Cmdr. Chellie Serwer attended the picnic with her children, who asked her to take them to a bounce house as their last fun activity before the school year began. Fortunately for Serwer, there were two bounce houses at the picnic, along with other family activities like a potato sack race and tug of war competition. Attendees were treated to as much popcorn, cotton candy and snow cones as they could eat.

Red Cross volunteers were on hand with several service dogs, and a local military family organization, the Oakleaf Club of Greater Washington, D.C., conducted a book drive benefiting Books4Kids, a pediatric literacy program.

Junior Officer Council President Army 1st Lt. Regine Faucher was pleased with the turnout, even though Mother Nature didn't fully cooperate.

"At the end of the day we're here for the Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians who work at all commands on NSAB and make it such a great place to be, so we just wanted to show them our appreciation and how much we know that they work hard," Faucher added. "The families are having fun and that's what it's all about."



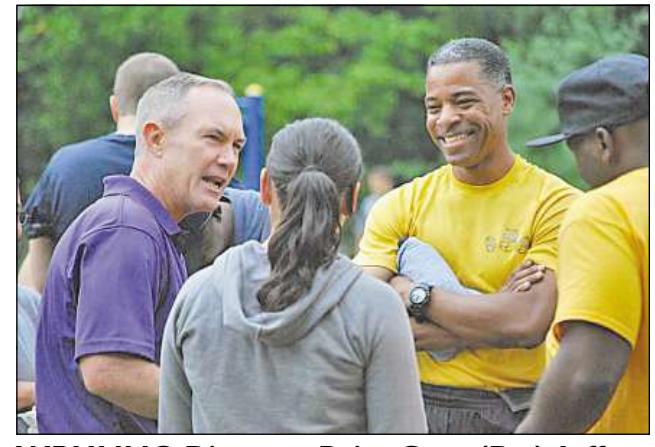
Brothers attending the JOC Picnic share sweet treats at the Morale, Welfare and Recreation Sports Complex.



Rebecca Manzo, 9, and Mason Hutchings, 8, play in the rain during the picnic.



There was plenty of food and fun for all who attended the picnic at the NSAB MWR Pavilion.



WRNMMC Director Brig. Gen. (Dr.) Jeffrey Clark (left) and Command Master Chief Tyrone Willis (second from right) talk with service members during the picnic.



A group of children participate in a game of tug of war at the JOC Picnic Aug. 23.

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VACCINES

Continued from pg. 1

seasonal Influenza vaccine.

"If young adults are planning to attend college out of the country or even travel out of the country for vacation or study abroad, they should explore what vaccines are required prior to traveling to that country," Peele continued.

Concerning the military, Gada said service members receive a variety of immunizations based on assignments, location and concern for particular biological threats. "These immunizations are set forth depending on area of operation, and nature of assignment."

"The Department of Defense (DOD) receives immunization policy and recommendations from the Food and Drug Administration, World Health Organization, CDC [and] Advisory Committee on Immunization Practices," Peele said. She added more information concerning pre-deployment

and post-deployment information, policies and guidelines for clinicians, service members, their families and veterans can be found on the Deployment Health Clinical Center website at <http://www.pdhealth.mil>, or the MILVAX-Vaccine Healthcare Centers Network (VHCN) website at www.vaccines.mil.

Beneficiaries requiring immunizations can be seen at the WRNMMC Allergy/Immunology/Immunizations Clinic in the America Building, Building 19, 4th floor, on Mondays, Wednesdays and Fridays from 7:30 a.m. to 4 p.m., and Tuesdays and Thursdays from 9:30 a.m. to 4 p.m. For more information, contact Hospitalman 1st Class Erik Eaton or Lydia Baker, head immunization nurse, at 301-295-5798.

For more information, contact the MILVAX VHCN at 301-319-2904 or email <https://ASKVHC.amedd.army.mil>. After hours, weekends and holidays, call the DOD Vaccine Clinical Call Center at 866-210-6469.



Courtesy photo

"It is important to receive vaccines as they prevent against numerous diseases known to cause significant morbidity and mortality. Vaccination programs save countless lives each year," stated Lt. Col. Satyen Gada, service chief for Allergy/Immunizations/Immunology at Walter Reed Bethesda.



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Area military families are invited to join the DCMilitary Family Life staff in honoring our World War II veterans on **Saturday, September 13**.

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- Salute these veterans as they visit the World War II Memorial on the National Mall from 2:30pm – 3:45pm.
- At the end of the day, you can help bid farewell after their full day of touring as they return to Reagan National Airport at 6:30pm.

Look for a special pullout banner in the August 15th issue of DCMilitary Family Life, or visit DCMilitary.com/honorflight to download a special welcome banner to customize and hold as you greet our veterans. Our photographers will be on hand to snap a photo of your family with your personal banner for future publication.

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CAREER

Continued from pg. 5

For more information about HYT, please review MILSPERMAN 1160-120.

If you have any questions regarding your Navy career, please contact the primary command career counselor, Petty Officer 1st Class Chad Fogel or secondary command career counselor, Petty Officer 1st Class Stacy O'Leary at (301) 319-8312.

Navy Wide Advancement Exam Reminders:

Navy advancement exams start the first Thursday in September. The E-6 exam is Sept. 4 E-5 exam is Sep. 11 and E-4 exam is Sept. 18.

Please be sure to be in the uniform of the day (NWU or NSU) and have your ID card in hand.

Please do not take any personal electronic devices, such as cell phones, beepers, Blackberries and Palm Pilots) with you on exam day. All candidates may use a solar or battery-powered, hand-held electronic calculator or any key configuration the display only a single line of numeric and mathematical characters.

The exam will be in the Morale, Welfare and Recreation gym in Building 17. Please arrive no later than 7 a.m. in order to be checked in and assigned a seat for the exam.

Remember that the exam is not a race. You will have three hours to complete it. Take your time.

Members of the exam working party need to be at the building 17 gym at 6 a.m. to help set up for the exam.

If you have any questions in regards to the advancement exam dates and times, please contact Michelle Adams at michelle.adams2@navy.mil or by phone: (301) 295-0117.



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